

# WIC APPROVED FOODS



## Women, Infants and Children (WIC)

Effective October 1, 2009 - September 30, 2010

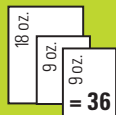
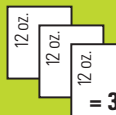
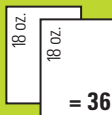
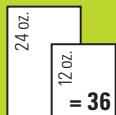
### BREAKFAST CEREALS

\* Whole Grain Cereals

Ounces Allowed: 9, 12, 18, 24 and 36. Not to exceed the total amount of ounces on the WIC check. May be less, if desired. Only cereals listed are allowed.



Ways to Get to Your 36 oz. of Cereal



HOT CEREALS



### DAIRY & PROTEIN



**MILK**  
(Lowest Cost, Gallons Only - unless other size is stated - fresh and nonfat dry milk)

**Not Allowed:** chocolate milk, filled milk, goat's milk, organic milk, sweetened acidophyllis, condensed milk, buttermilk, evaporated milk



**SOY MILK**  
(Half Gallons Only)

**Brands Allowed:** 8th Continent Soy milk, Original Only

**Not Allowed:** flavored soy milk



**CHEESE**  
(16 ounce or 1 pound package only. Block style or sliced cheese, may be individually wrapped)

**Allowed:** American • Cheddar • Colby • Monterey Jack • Mozzarella • Muenster • Provolone • Swiss

**Note:** Reduced fat, low fat, low cholesterol, low sodium are allowed.  
**Not Allowed:** cheese food, cheese spread, cheese from the store's deli department, string cheese, shredded cheese, cheese crumbs, cheese products and specialty cheese (e.g., with added flavorings such as wines, spices, peppers, nuts), cubed cheese, cheese sticks, cracker cuts, organic cheeses or blends

### EGGS

(Any brand grade A medium or large, white only)

**Not Allowed:** specialty eggs, organic eggs, liquid eggs and brown eggs



### DRIED PEAS, BEANS, LENTILS

(1 pound bag, any brand, unflavored single variety)

**Not Allowed:** boxes, frozen or canned green beans, snap beans, yellow beans, wax beans, sweet peas or organic beans/peas or lentils



### PEANUT BUTTER

(18 ounce jar only, any brand smooth; reduced fat is allowed)

**Not Allowed:** added items such as jelly, chunky peanut butter or peanut butter spread, organic peanut butter or honey

### BREASTFEEDING WOMEN ONLY:

#### TUNA or PINK SALMON

(Any brand of 5 ounce canned tuna or 6 ounce pink salmon; light, dark or blended; chunk, grated, flakes or solid pack; water or oil packed)

**Not Allowed:** resealable packages, albacore (white tuna), organic tuna, red salmon, added sauces or flavorings

### WHOLE GRAINS



**WHOLE WHEAT/GRAIN BREAD**  
(1 pound or 16 ounces package only)

**Brands Allowed:** Pepperidge Farm Stone Ground 100% Whole Wheat • Nature's Own 100% Whole Grain Sugar Free • Pepperidge Farm Very Thin Soft 100% Whole Wheat • Sara Lee Classic 100% Whole Wheat Bread

### BROWN RICE

(1 pound or 16 ounces package only)

**Not Allowed:** white rice

### WHOLE WHEAT TORTILLAS

(1 pound or 16 ounces package only)

**Brands Allowed:** Manny's Whole Wheat Tortillas • Chi Chi's Whole Wheat Tortillas • Don Pancho Whole Wheat Tortillas • La Banderita Whole Wheat Tortillas

**Not Allowed:** white or flour tortillas

### JUICES

All juices must be unsweetened and 100 percent juice. Only the juices listed below are allowed.

**Not Allowed:** Fruit "punch," fruit "drinks," "infant" or "baby" juice, calcium-fortified juice "cocktails," glass bottles, organic juice, sugar added, sports drinks (e.g. Gatorade, Powerade) or refrigerated juices.

### 64-OUNCE PLASTIC CONTAINER

(Any brand orange juice, grapefruit juice or pink grapefruit juice is allowed along with these specific brands)



any variety

### 11.5-12-OUNCE FROZEN CAN

(Any brand orange juice, grapefruit juice or pink grapefruit juice is allowed along with these specific brands)

**Brands Allowed:** Dole Pineapple Juice • Seneca Juice: Apple or Grape • Welch's Juice: White Grape Pear, White Grape Peach, White Grape Raspberry, White Grape, Purple Grape and White Grape Cranberry

### FRUITS & VEGETABLES

#### FRESH AND/OR FROZEN

**Allowed:** Sweet potatoes or yams, bagged fruits or vegetables and organic fruits and vegetables

**Not Allowed:** NO WHITE POTATOES ALLOWED, fruit baskets, painted pumpkins, fruit or vegetable trays, canned or dried fruits and/or vegetables, jar containers, herbs and spices, added sauces, creamed or breaded vegetables, salad kits with added dressing, added sugar, fruit cups



#### HELPFUL HINTS!

If you choose fresh vegetables or fruits priced by the pound, complete the following steps:

1. Place the item on the grocery scale
2. Round the weight up to the nearest pound or half pound.
3. Estimate the cost of the item based on the weight.

### INFANT FOODS

**Brands Allowed:** Beech Nut, Gerber, Nature's Goodness



#### INFANT CEREAL

(8 ounces or 16 ounces)

**Allowed:** Oatmeal, rice, barley or mixed.

**Not Allowed:** added fruit or formula, organic, whole wheat, or canister cereals with DHA.



#### INFANT MEAT

(2.5 ounce glass jars only)

**Allowed:** Any variety of infant meat or poultry, with added broth or gravy

**Not Allowed:** combinations (ie. meat and vegetable, or spaghetti, etc.) added sugars, or salt, no plastic containers or packs



#### INFANT FRUITS & VEGETABLES

(4 ounce glass jars only)

**Allowed:** Any variety of single ingredient infant fruits and vegetables

**Not Allowed:** combinations (ie. bananas and strawberries, garden vegetables, etc.), added sugar, salt, starch, or sodium, organic infant food, no plastic containers or packs, no added DHA.

#### FORMULA

**Allowed:** Only what is listed on the food check list.